



# NEWS

September 2013

## Personal Training

### Get Ready for the Holidays!

The holidays are approaching us fast. **Start some healthy habits now to prevent weight gain over the last few months of the year.** Need help in getting a routine started? Our personal trainers can be of assistance. They can offer you personalized workout routines that will get you into shape in no time. **With affordable prices and flexible schedules** everyone can enjoy this great service. So don't wait, call us today to schedule a session.



First time clients will receive a **FREE 30 minute personal training service.**

## Check. Change. Control. Blood Pressure Program

The Miami-Dade County Employee Wellness Center is pleased to announce the launch of a new blood pressure program called Check. Change. Control. This program, provided by the American Heart Association, is meant to help others in preventing cardiovascular disease and stroke by checking and controlling hypertension through weekly blood pressure checks. **The program is free and open to all County employees**, not just wellness center members. Join us, and bring your co-workers, **each week on Tuesday from 11:00am to 1:00pm in the lobby of the SPCC.** If you are interested in participating, please contact us.

## Making Strides Against Breast Cancer – Walk for a Cause!

The fight to end breast cancer starts with a single step. Take that step with the Miami-Dade County Employee Wellness Center at the American Cancer Society Making Strides Against Breast Cancer walks. Just a few hours of your time at this non-competitive, 3 to 5 mile event will help bring a lifetime of change for people facing breast cancer and their families. Join our team, "Miami-Dade County Employee Wellness Center" at [www.makingstrideswalk.org](http://www.makingstrideswalk.org). The race will be held at the **Marlins Park on Saturday, November 9 at 9:00am.** Register, save the date, and join us for the walk of the year.



## Walk 305 - Walking Club

One of the simplest forms of exercise is walking. Almost everyone can do it – regardless of your fitness level – and it can be done virtually anywhere. Join the Wellness Center staff **every Thursday** for "Walk 305," our very own walking club. Bring your friends and co-workers and join us outside at **noon on the west side of the Stephen P. Clark Center for this free program.** We will meet at the new walking trail to begin walking our way to wellness. Please contact us if you would like to participate.

Discover all we have for you!

Hours of Operation: Monday through Friday 5:30 a.m. to 8 p.m.  
Closed during weekend & Dade County observed Holidays.

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# Upcoming Local Events

## Get Active!

Here are some fun fitness events for you to participate in.

### UPS 5k

Saturday, September 7  
Coral Gables

### Watercolor 5k

Saturday, September 14  
Miami

### Zoo Run 5k benefitting West Kendal Baptist Hospital

Sunday, September 15  
Miami

### Burger King Fun Run

Sunday, September 22  
Miami Beach

### Sickle Cell 5000

Saturday, September 28  
Miami



## National Childhood Obesity Month

Whether your child is at risk of becoming overweight or is currently at a healthy weight, you can take proactive measures to get or keep things on the right track.

- **Schedule yearly well-child visits.** Take your child to the doctor for well-child checkups at least once a year. During this visit, the doctor measures your child's height and weight and calculates his or her BMI. Increases in your child's BMI or in his or her percentile rank over one year, especially if your child is older than 4, is a possible sign that your child is at risk of becoming overweight.

- **Set a good example.** Make sure you eat healthy foods and exercise regularly to maintain your weight. Then, invite your child to join you.

- **Avoid food-related power struggles with your child.** You might unintentionally lay the groundwork for such battles by providing or withholding certain foods — sweets, for instance — as rewards or punishments. As a general rule, don't use food as a reward or punishment.

- **Emphasize the positive.** Encourage a healthy lifestyle by highlighting the positive — the fun of playing outside or the variety of fresh fruit you can get year-round, for example. Emphasize the benefits of exercise apart from helping to manage weight. For example, it makes the heart, lungs and other muscles stronger. If you foster your child's natural inclination to run around, explore and eat only when hungry — not out of boredom — a healthy weight should take care of itself.

- **Be patient.** Many overweight children grow into their extra pounds as they get taller. Realize, too, that an intense focus on your child's eating habits and weight can easily backfire, leading a child to overeat even more, or possibly making him or her more prone to developing an eating disorder.

- **Be responsible about your own weight.** Obesity often occurs in several family members. If you need to lose weight, doing so will motivate your child to do likewise. Don't expect your child to do something you are unwilling to do for yourself.

[www.mayoclinic.com](http://www.mayoclinic.com)

